

American Chop Suey

- 4 Strips bacon cut into 1 inch strips
- 2 Cloves minced garlic
- 1 Large yellow onion diced
- 1 green pepper cored and diced
- ½ tsp. Italian seasoning
- 1 lb. Lean ground beef
- 14 ½ oz. Can diced tomatoes
- 15 oz. Can tomato sauce
- 1 Cup chicken broth
- 1 ½ tsp. Soy sauce
- 2 Cups whole wheat elbow macaroni
- Salt and pepper to taste.

In large skillet cook bacon over medium heat 2 minutes, or until enough fat to coat pan. Add onion, garlic, bell pepper and Italian seasoning and cook until onion begins to soften about 5 minutes. Increase to high and add beef and sauté till brown. Mix in diced tomatoes, tomato sauce, chicken broth, soy sauce and macaroni. Bring to simmer, reduce heat to low. Cover and cook stirring occasionally until pasta is tender about 14 minutes. Serves four.